



SAFETY SNAPSHOT

JANUARY-FEBRUARY 2022 • VOLUME 23

Safety on the Job...

2021 Safety Metrics

Zero

OSHA recordable injuries

2

First-Aid injuries

1

environmental event

250,830

hours worked in 2021

5

total vehicle accidents

4

responsible vehicle accidents

23

COVID-19 cases

Lindblad COVID-19 Protocol Changes

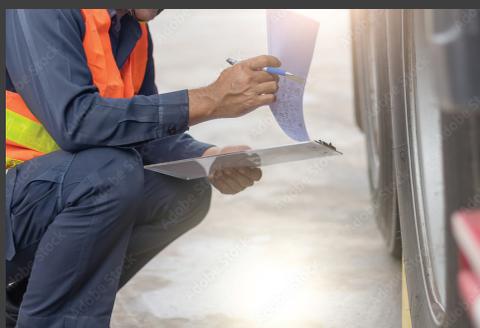
Lindblad intends to abide by the OSHA Emergency Temporary Standard (ETS) regarding vaccination and testing for COVID-19. Additionally, Lindblad recognizes the changes to the quarantine recommendations of those infected with the COVID-19 virus. For more information, questions, or clarifications, please see revised COVID-19 protocol emailed on January 3, 2021, contact your Supervisor, Safety, or Ownership.



Fewer Fatalities in 2020 than 2019

According to recent data released from the Bureau of Labor Statistics, the number of fatalities among US workers decreased by 10.9% in 2020. Transportation accounted for 37.3% of workplace fatalities. According to the report, an American worker died every 111 minutes in 2020. The data did not account for deaths due to coronavirus.

Source: ehstoday.com/news/article/21212389/the-workplace-was-safer-in-2020



New Safety Lane Location

Lindblad now has an account at Salclay Services Inc. in Morris, IL. Safety lane inspection is required every 6 months for non-commercial motor vehicles (less than 10,000 pounds GVWR), and annually for trucks with GVWR of 10,001 pounds or greater. *Please take a photo of your inspection document or turn in the original to Safety or Lindsey Geiss.*

Address: 1202 Armstrong Street, Morris, IL
 Hours: 8:00 AM – 4:00 PM
 Daily lunch break is Noon to 12:30PM
 Phone Number: 815-513-3968

Slips, Trips & Falls in Winter Conditions

According to the CDC, approximately one million Americans are injured annually as the result of falling on ice and snow. Tragically, these injuries are fatal for about 17,000 people every year. Some of the most common injuries include muscle and ligament strains, fractures and broken bones, herniated discs in the spine, and concussions.

Snow cover can quickly alter the look of our job sites, therefore, it is essential we keep our work sites clean and orderly so that no one will fall prey to any unseen hazards. When working in

construction, we have to account for other factors like debris, equipment and holes in the ground that could fill up with rain or snow and once frozen, the ground may look like a solid surface to walk on. Make sure we cone-off these areas, but also be aware of your surroundings and plan accordingly. When entering buildings, remove snow and water from footwear to prevent wet slippery conditions indoors. If you are wearing non-slip cleated boots for outdoor work, remove them when entering a building.



Source: ComEd 0700 Contractor Call Safety Topic, week of 12/6/2021

...and off the Job...

New Year, New Laws

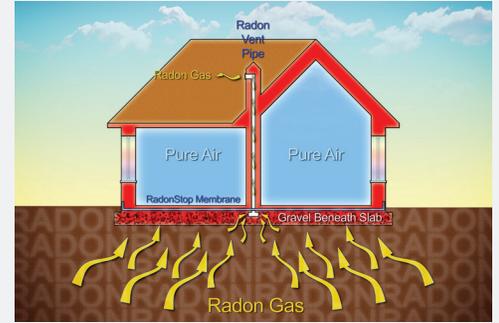
Nearly 300 new laws take effect in Illinois on January 1, 2022. Changes include recognition of Juneteenth as a State Holiday, minimum wage hikes, and changes to the FOID card process. Below several new laws are highlighted:

SB 1682, Prescription Drug Price Transparency: Pharmacies will be required to post notice that consumers may request pricing of generic and brands of medications to ensure low cost options are available.

SB 1577, Student Mental Health Days: This law allows 5 excused absences for public school students to address mental and behavior health in addition to physical illness.

SB 0119, Hayli's Law: Non-alcoholic beverage stands (i.e., lemonade stands) may be operated by persons under 16 years old without need for permit and cannot be shut down by public officials if on private or public park properties.

HB 0168, Protecting Animals from Abuse: A person convicted of felonious animal abuse cannot legally own animals in the state of Illinois.



January is National Radon Action Month

Radon is a silent killer that may be lurking in your home. Although it cannot be seen, tasted, or smelled, it can pose a serious threat to lung health. According to the Environmental Protection Agency (EPA), radon is the leading cause of lung cancer in non-smokers, and the second leading cause among smokers. Consider getting your home tested for radon if you have not previously had this test. Radon can appear in homes in all 50 states, and in newly constructed homes as well as old homes.

Source: epa.gov/radon/health-risk-radon#head



Source: abc7chicago.com/new-illinois-laws-2022-in-il-starting-january-1/11386800/

Driving At Night

'Night blindness' can be caused when driving by a passing car's headlights at night. It is fleeting, but can cause a driver to lose focus or sight of the road and hazards around them. Consider these following safety tips for driving at night:

- ✓ Use your high-beam (brights) whenever possible, but be courteous to other drivers.
- ✓ Make sure to clean the inside and outside of your headlights regularly.
- ✓ Focus your eyesight on the right side of the road to avoid being blinded by passersby.
- ✓ Drive within the visual range illuminated by your headlights, not by what you think you see beyond them. At night, headlights limit our view to only 250 to 350 feet of the road ahead.
- ✓ Adjust your rearview mirror to the nighttime setting to dim any headlight glare coming from behind.

Source: safetyandhealthmagazine.com/articles/21964-driving-in-the-dark-avoid-night-blindness

Shoveling Safely

American Journal of Emergency Medicine published a study that an average of 11,500 people are injured shoveling snow each year in the United States. 54% of those injuries being musculoskeletal in nature with the majority being lower back. The American Heart Association reports that 100 people per year die from heart attacks due to shoveling. What can you do to make sure you are safely shoveling?

- Shovel small amounts more frequently.
- As is always best practice when lifting, lift with your legs and do not twist.
- Stretch before shoveling.
- Take breaks as needed.
- Dress in warm clothing and wear appropriate footwear.
- If possible, do not shovel when home alone.



Source: [On-Site Solutions Physical Therapy](https://www.on-site-solutions.com/)

Suggestions for content you want to read about in the March-April 2022 issue?

Contact the Safety Department.